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In the Claims:

This listing of claims will replace all prior versions and listings of claims in the application:

1. (currently amended) A food holder comprising:

a substantially symmetrical U-shaped body comprising a pair of opposite digit pockets for accepting fingers or a thumb of a user of the food holder therein and a food pocket located between the digit pockets;

the digit pockets tapering to accept the fingers or thumb placed therein and to frictionally connect the food holder to a hand of the user; and

an exterior surface of the digit pockets having elongated ridges to prevent cutting of the surface and into an interior of the digit pockets during use of the food holder;

wherein the food pocket defines an opening having an open front and a closed rear; and wherein opposite sides of the digit pockets defining the food pocket include grabbing ribs for maintaining food within the food pocket as the digit pockets are moved toward each other; other;

wherein the digit pockets taper in a tapering direction and the ridges have a longer dimension in the tapering direction than in a direction perpendicular to the tapering direction; and

wherein the grabbing ribs have a longer dimension in the direction perpendicular to the tapering direction than in the tapering direction.

2. (original) The food holder of claim 1, wherein:

the food pocket defines an inwardly tapering opening.

3-6. (canceled)

7. (currently amended) A method of grabbing food comprising:

providing a food holder comprising a substantially symmetrical U-shaped body having a

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pair of opposite digit pockets and a food pocket located between the digit pockets, with the digit pockets tapering, and with an exterior surface of the digit pockets having elongated ridges;

placing fingers in a first one of the digit pockets and placing a thumb in a second one of the digit pockets to frictionally connect the food holder to a user;

placing food within the food pocket; and

moving the digit pockets towards each other to capture the food within the food pocket;

wherein the food pocket defines an opening having an open front and a closed rear; and

wherein opposite sides of the digit pockets defining the food pocket include grabbing ribs for maintaining the food within the food pocket as the digit pockets are moved toward each other; other;

wherein the digit pockets taper in a tapering direction and the ridges have a longer dimension in the tapering direction than in a direction perpendicular to the tapering direction; and

wherein the grabbing ribs have a longer dimension in the direction perpendicular to the tapering direction than in the tapering direction.

8. (original) The method of grabbing food of claim 7, wherein:
the food pocket defines an inwardly tapering opening.

9-12. (canceled)

13. (previously presented) A method of cutting food comprising:
providing a food holder comprising a substantially symmetrical U-shaped body having a pair of opposite digit pockets and a food pocket located between the digit pockets, with the digit pockets tapering, and with an exterior surface of the digit pockets having elongated ridges to prevent cutting of the surface and into an interior of the digit pockets during use of the food holder;

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placing fingers in a first one of the digit pockets and placing a thumb in a second one of the digit pockets to frictionally connect the food holder to a user;

placing food within the food pocket;

moving the digit pockets towards each other to capture the food within the food pocket;
and

cutting the food;

wherein the food pocket defines an opening having an open front and a closed rear; and
wherein opposite sides of the digit pockets defining the food pocket include grabbing
ribs for maintaining the food within the food pocket as the digit pockets are moved toward each
other; other:

wherein the digit pockets taper in a tapering direction and the ridges have a longer
dimension in the tapering direction than in a direction perpendicular to the tapering direction;
and

wherein the grabbing ribs have a longer dimension in the direction perpendicular to the
tapering direction than in the tapering direction.

14. (original) The method of cutting food of claim 13, wherein:
the food pocket defines an inwardly tapering opening.

15-18. (canceled)

19. (new) The food holder of claim 1, wherein:
the ridges of the digit pockets are made of material thicker than areas of the digit
pockets surrounding the ridges.

20. (new) The method of food grabbing of claim 7, wherein:
the ridges of the digit pockets are made of material thicker than areas of the digit
pockets surrounding the ridges.

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21. (new) The method of food cutting of claim 13, wherein:

the ridges of the digit pockets are made of material thicker than the areas of the digit pockets surrounding the ridges.